

Black Pepper-Crusted Tofu

with Garlic Rice & Chinese Broccoli

Chinese broccoli is a nutritious, leafy green beloved in Cantonese cooking. Despite its name, it's actually a type of kale, although it does have a small number of miniature, delicate, broccoli-like florets. In this recipe, we use the entire, delicious vegetable, from stems to leaves, stir-frying it to perfection with regional aromatics and serving it alongside fragrant, garlic-infused rice and savory, pepper-crusted tofu.



Ingredients

- 1 14-Ounce Package Extra Firm Tofu
- 1 Cup Jasmine Rice
- 5 Cloves Garlic
- 3 Scallions
- $\frac{3}{4}$ Pound Chinese Broccoli

Knick Knacks

- 2 Tablespoons Sweet Soy Sauce
- 1 1-Inch Piece Ginger
- 1 Tablespoon Cornstarch
- 1 Tablespoon Ponzu Sauce
- 1 Tablespoon Sesame Oil
- 1 Teaspoon Whole Black Peppercorns

Makes 2 Servings

About 500 Calories Per Serving

Cooking Time: 15 to 25 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Drain the tofu and pat it dry with paper towels; cut it into 6 planks. Peel and thinly slice the garlic. Peel and mince the ginger. Cut off and discard the roots of the scallions; separate the white bottoms and green tops. Thinly slice the white bottoms of the scallions; slice the green tops into ¼-inch pieces. Separate the Chinese broccoli stems and leaves; thinly slice the stems and roughly chop the leaves. Using a spice grinder or the bottom of a heavy pan, crack the black peppercorns in small batches (10 to 15 at a time), until they resemble a coarse grind.

2



Make the garlic rice:

In a small pot, heat 2 teaspoons of oil on medium-high until hot. Add **three-quarters of the garlic** and cook, stirring frequently, 1 to 2 minutes, or until golden brown and fragrant. Add the **rice** and cook, stirring frequently, 30 seconds to 1 minute, or until toasted. Add **2 cups of water** and a **big pinch of salt**; increase the heat to high. Bring the mixture to a boil. Once boiling, cover and reduce the heat to low. Simmer 10 to 12 minutes, or until the rice is tender. Remove from heat and fluff the finished rice with a fork.

3



Brown the tofu:

While the rice cooks, place the **cornstarch** in a small bowl. Add the tofu; toss to coat. Remove the tofu and sprinkle on all sides with **as much of the crushed black peppercorns as you'd like**, depending on how spicy you'd like the dish to be. Gently press the pepper into the tofu. In a medium pan (nonstick, if you have one), heat 2 teaspoons of oil on medium-high until hot. Add the **seasoned tofu** and cook 4 to 5 minutes per side, or until browned. Transfer to a paper towel-lined plate and set aside. Wipe out the pan.

4



Cook the vegetables:

While the rice continues to cook, in the same pan used to cook the tofu, heat 2 teaspoons of oil on medium until hot. Add the **ginger, white parts of the scallions, Chinese broccoli stems** and **remaining garlic**. Cook, stirring frequently, 2 to 4 minutes, or until softened. Add the **Chinese broccoli leaves** and **¼ cup of water**. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted. Remove from heat and set aside.

5



Add the tofu & sauce:

Just before the rice is finished, add the **sweet soy sauce, ponzu sauce** and **sesame oil** to the pan of vegetables. Add the **browned tofu** and cook on medium-high, stirring occasionally, 2 to 4 minutes, or until heated through. Season with salt and pepper to taste and remove from heat.

6



Plate your dish:

Divide the **garlic rice** and **tofu and vegetables** between 2 dishes. Garnish with the **green parts of the scallions**. Enjoy!